



# 1. Sparkassen-MammutWalk Ahlen

Ahlen (Westf.), Zeche Westfalen / 28.09.2014

## Detailed evaluation

**Vergewall, Heinz**

Club: SV Hebern

Number: 11112

Course: 11.00 km

HaldenWalk Nordic Walking

Total time: 1:43:10

Speed: 6.40 km/h

metres in height up: 75

Course score: 12.13

performance score: 80 Points